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U. S. Department of Agriculture

HOUSEKEEPERS' CHAT

Thursday, June 23, 1932.

(NOT FOR PUBLICATION)

Subject: "A Luncheon for a Hot Day." Information from the Bureau of Home Economics and the Food and Drug Administration, U.S.D.A.

When the luncheon bell rang, Cousin Susan came in and took the first chair by the door. She began to fan herself with her large garden hat. And from the sidelines, I heard her start a conversation with Silas.

"Whow! Gracious me. I'm all tuckered out with this heat. If I feel like this in June, how will I feel in July and August? That's what's worrying me. You know heat is hard on our family. Something about our blood, I think. Maybe it's too thick. I've been thinking about poor Aunt Elvira. She died right during the canning season. Yes, all her tomatoes had to go to waste that year. I've always said it was the heat in her kitchen that caused her death. And there was Uncle Joshua. He had a sunstroke and--"

"Come now, Susan. Don't get your mind on subjects like that just before lunch."

"Lunch, Silas? Do you think I'm interested in lunch when I may be dead before the summer's over? Do you think I have any appetite for food on a day like this? As I was saying, our family always have suffered from heat dreadfully, especially as they grew older. No telling. I may be getting high blood pressure or acute--"

"Just wait till you've had something to eat, Susan, and you'll feel better."

"Isn't that just like a man? No sympathy for women's ills. No, thank you, Silas. I'm in no condition to take one bite of food."

"That's too bad. It'll be a disappointment to Aunt Sammy. She's been fixing such a pretty lunch, a cold plate lunch to suit the weather. I know because I was in the kitchen a minute ago. And I heard her say that she hoped the salad plate she was fixing would just suit Cousin Susan."

"Well, I'm sorry, but nobody could expect me to eat when I'm so upset. But what did you say was on that salad plate?"

"Why, I think there were some devilled eggs seasoned with mustard and celery salt the way you like them."

"Is that so? Now, I wonder. Maybe some of those eggs would do me good. Eggs are sort of bracing, I always think. What else was on the cold plate?"

"The best looking vegetable salad you ever say. Crisp lettuce, to start

with. On top of it some sliced tomatoes, cucumbers and radishes. Along to the side I think there were some cooked and chilled green beans. And I might add that the salad was seasoned with French dressing, especially the green beans. But there was a nice little puff of mayonnaise along to one side."

"My, that does sound good? Some of those vegetables might do me good. Yes, probably it's my duty to try to eat a little even if I don't feel like it."

"There are some hot crisp rolls, too, Susan."

"What else? I hope there's nothing rich or filling for dessert. And I don't want a hot dessert either."

"Guess what else. What would go to the spot best with that meal?"

"Oh, a frosty fruit drink."

"That's just what Aunt Sammy has ready. Fruit punch and some cookies."

"I feel better already. You all go ahead and sit down at the table. I'll join you just as soon as I wash my hands."

Cousin Susan left the room. Then Uncle Ebenezer glanced at Uncle Silas and said, "Never tell me again, Silas, that you don't know how to manage women."

I didn't have time to give you the luncheon menu yesterday, so here it is today: Salad plate with deviled eggs and a combination vegetable salad; Crisp rolls; Fruit punch; and Cookies. A luncheon for a hot day.

As we were saying yesterday, you can make all kinds of delicious summer drinks with a basis of tea by adding various fruit juices for flavor and color. But for the youngsters, the best fruit drinks are cold fruit juices and no tea.

I have here a delightful recipe for fruit punch. A very good one for a party. It's a large quantity, the right amount to serve about 50 people. But you can reduce the proportions to the size of your family.

Eight ingredients for fruit punch

4 cups of sugar	3 cups of water
2 dozen lemons	1 dozen oranges
2 quarts of bottled strawberry juice or 2 quarts of the crushed fresh strawberries	
2 quarts of freshly made strong tea	
1/2 teaspoon of salt, and	1 quart of ginger ale or carbonated water.

Did you get all those ingredients? I'll read them again.(Repeat.)

First you make a syrup of the sugar and water. Boil these together until they make a heavy syrup and then cool them. Scrub the oranges and lemons. Squeeze out the juice. Barely cover the fruit skins with water. Let them stand for an hour or longer and pour off the water. Then add it to the fruit juice. Add the other fruits, the syrup and the tea and salt. Just before serving, add the chopped ice, and the ginger ale. If the punch is too strong, add ice water in small quantities until the punch has the right flavor.

Those best-ever cookies that you'll find on page 115 of the green recipe book are very good with a cold fruit beverage or with iced tea or coffee. So are the date bars and the oatmeal drop cookies.

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So much for drinks made at home. Now let me give you some news about the drinks that you buy. Americans consume a huge amount of soft drinks, according to Mr. J. W. Sale, the beverage expert of the Food and Drug Administration. Each year, we Americans use more than eleven billion bottles of non-alcoholic beverages to quench our thirst. And this figure doesn't include the many unbottled mixed drinks sold at soda fountains. This is equivalent to about 91 bottles annually for every man, woman and child in the United States. The value of these drinks probably came to well over a billion dollars last year.

"The choicest fruit-type beverages on sale in the United States are the fruit juices," Mr. Sale says. "These include the juice of apples, grapes, grapefruits, oranges, limes, lemons, loganberries, pineapples, cranberries and pomegranates. When you go to the store and see a bottle labeled 'grapefruit juice' or 'orange juice' or 'grape juice' -- no other words of explanation on the bottle label or cap, you can be sure that the beverages are pure juices of the fruits named. Otherwise there would be words explaining any other substance put in. Some of us want to buy pure juices. The national pure food law insures us the article we want, if we read the label. The law also requires that a truthful statement of the quantity in the bottle be printed on the label.

"Some of the fruit juices are made into fruitades by adding sugar and water, but the label must tell this fact also. Various combinations of fruit juices, water, sugar, and flavoring and coloring materials are also on the market. The varieties and kinds of these drinks number well up in the hundreds."

Most of us know that Federal and States pure food and health officers control the traffic in soft drinks as well as other foods. They check the honesty of labels, the possible presence of harmful ingredients and the sanitary quality of the liquids. The Federal food law requires, among other things, that labels on beverages shall bear no statements or designs which are false or misleading. It says further that any imitations must be labeled as such.

Tomorrow: "Sleeping Comfort."

